

What is claimed is:

1. A system for securing a reversible cleat, comprising:
  - a securing mechanism;
  - an anchoring mechanism adapted to be attached to a sole of a shoe;
  - a cleat having a first side and a second side and placed between said securing mechanism and said anchoring mechanism;wherein said second side faces toward said anchoring mechanism when said securing mechanism is removably secured to said anchoring mechanism;  
and  
wherein said second side is repositioned to face away from said anchoring mechanism by removing said securing mechanism from said anchoring mechanism, removing and repositioning said cleat with said second side facing away from said anchoring mechanism, and removably securing said securing mechanism to said anchoring mechanism.
2. The system according to claim 1, wherein, in a first position, said securing mechanism is in contact with said first side when secured to said anchoring mechanism and, in a second position, said securing mechanism is in contact with said second side when secured to said anchoring mechanism.
3. The system according to claim 1, said cleat further includes a rigid material having a first side and a second side corresponding to said first and second sides of said cleat.

4. The system according to claim 3, wherein said securing mechanism is adapted to contact both said first and said second sides of said rigid material when removably securing said cleat to said anchoring mechanism.
5. The system according to claim 1, further comprising a plurality of cleats, each cleat of said plurality of cleats being removably interchangeable with said cleat.
6. The system according to claim 5, further comprising a selected cleat from said plurality of cleats wherein said selected cleat is interchangeable with said cleat.
7. A system for securing a reversible cleat, comprising:
  - a securing mechanism;
  - an anchoring mechanism adapted to be attached to a sole of a shoe;
  - said securing mechanism having a sole side with at least one extension extending from said sole side;
  - said anchoring mechanism having at least one pocket;
  - a cleat having a first side and a second side and placed between said securing mechanism and said anchoring mechanism;
  - wherein said second side faces toward said anchoring mechanism when said at least one extension of said securing mechanism is removably placed in said at least one pocket of said anchoring mechanism; and
  - wherein said second side is repositioned to face away from said anchoring mechanism by removing said at least one extension of said securing mechanism from said at least one pocket of said anchoring mechanism, removing and repositioning said cleat with said second side facing away from said anchoring

mechanism, and removably placing said at least one extension of said securing mechanism in said at least one pocket of said anchoring mechanism.

8. The system according to claim 7, wherein said first side has physical characteristics different from said second side.

9. The system according to claim 7, wherein said anchoring mechanism has 3 pockets and said securing mechanism has 3 extensions.